

What is claimed is:

[Claim 1] 1. A seat with adjustable head rest, suitable for a car, comprising:

a head rest portion;

a supporting portion, positioned within the head rest portion, comprising a positioning panel having a groove formed at a bottom thereof and a plurality of positioning holes arranged in a row and a side of said positioning panel is jointed to a plate;

at least two connecting portions, each connecting portion comprising an adjusting block having a through hole and a supporting bar attached below the adjusting block, wherein the adjusting blocks can be positioned in said groove and free end portions of said supporting bars protrude out of said head rest portion for fitting said seat; and

a securing element, penetrating through said through hole of each of said adjusting block respectively and secured in one of said positioning holes of said supporting portion respectively for securing said connecting portions with said supporting portion, wherein said plurality of positioning holes of the supporting portion allows adjustment of a distance between said supporting bars to fit seats of various specifications.

[Claim 2] 2. The seat with adjustable head rest according to claim 1, wherein said head rest portion comprises a case stuffed with a resilient element.

[Claim 3] 3. The seat with adjustable head rest according to claim 2, wherein said resilient element comprises a sponge.

[Claim 4] 4. The seat with adjustable head rest according to claim 2, wherein said resilient element comprises a foam rubber.

[Claim 5] 5. The seat with adjustable head rest according to claim 1, wherein said plate and said positioning panel is fabricated by using an extrusion process.

[Claim 6] 6. A seat with adjustable head rest, suitable for a car, comprising:

a head rest portion;
a supporting portion, positioned within said head rest portion,
comprising a positioning panel having a groove formed at a bottom thereof
and a plurality of positioning holes arranged in a row and a side of said
positioning panel is jointed to an arch shaped plate;
at least two connecting portions, each connecting portion comprising an
adjusting block having a through hole and a supporting bar attached below the
adjusting block, wherein the adjusting blocks can be positioned in said groove
and free end portions of said supporting bars protrude out of said head rest
portion for fitting said seat; and
a securing element, penetrating through said through hole of each of
said adjusting block respectively and secured in one of said positioning holes
of said supporting portion respectively for securing said connecting portions
with said supporting portion, wherein said plurality of positioning holes of the
supporting portion allows adjustment of a distance between said supporting
bars to fit seats of various specifications.

[Claim 7] 7. The seat with adjustable head rest according to claim
6, wherein said head rest portion comprises a case stuffed with a
resilient element.

[Claim 8] 8. The seat with adjustable head rest according to claim
7, wherein said resilient element comprises a sponge.

[Claim 9] 9. The seat with adjustable head rest according to claim
7, wherein said resilient element comprises a foam rubber.

[Claim 10] 10. The seat with adjustable head rest according to
claim 6, wherein said plate and said positioning panel is fabricated
by using an extrusion process.